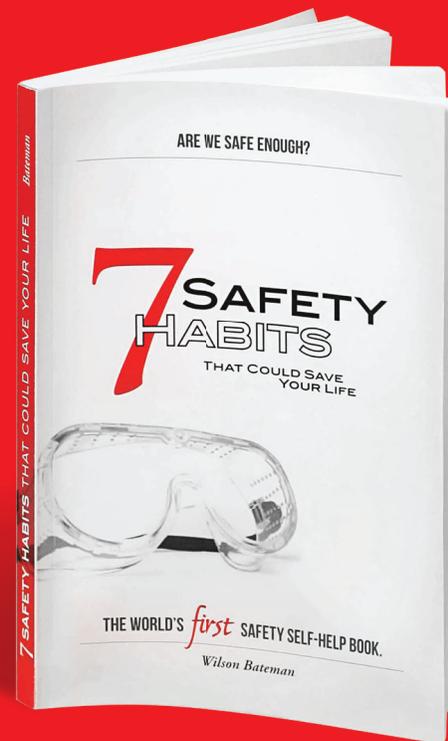


**THIS BOOK  
COULD SAVE  
YOUR LIFE.**



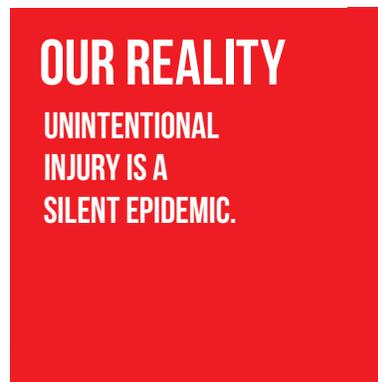
# 7 SAFETY HABITS THAT COULD SAVE YOUR LIFE IS THE WORLD'S FIRST SAFETY SELF-HELP BOOK.

Why self-help and habits? As Samuel Smiles said: "Sow a thought and you get an act; Sow an act and you get a habit; Sow a habit and you get a character; Sow a character and you get a destiny."

To achieve a strong safety culture - that impacts people both on and off the job - we need to take a broad look at safety in all aspects of life. Self-help works because it deals with personal responsibility, and encourages everyone at all levels to work towards the same goal: the elimination of unintentional injury.

The 7 Safety Habits book contains many tools and activities that allow the reader to embrace the concepts therein. Exercises are included in every chapter. The student is meant to complete all exercises before moving on to the next habit. They are asked to consider how much effort has been applied to learning each habit. Questions such as the following are raised regularly throughout the workbooks: Did you read the complete chapter? Did you complete all the exercises? Did you use the tools provided for a period of time? Once again, the self-help approach instills personal responsibility and accountability.

We have followed a long line of distinguished authors that have proven that the development of habits and techniques can bolster success in numerous endeavours. We have used the 7 Safety Habits to accomplish the same in the safety arena. Some of the authors that have helped to inspire this book include Samuel Smiles, Steven Covey, Anthony Robbins, and Norman Vincent Peale.



# WHAT ARE THE 7 SAFETY HABITS?

**HABIT #1** Think Safety's HARD is a call to action. HARD stands for: Hazard Assessment Risk and Duty. It denotes that individuals have a responsibility to identify and address hazards both on and off the job.

**HABIT #2** Wear the Gear examines the use of controls. This includes an analysis of how personal protective equipment (PPE) fits in the control hierarchy, and why it should be considered the last resort.

**HABIT #3** Avoid the Shortcuts examines the reasons why shortcuts are taken, in order to inhibit this behavior going forward. It also reviews the Critical 7, which is a list of the most "high consequence" workplace activities.

The first 3 habits begin a discussion about culture, responsibility, safety habits and Situational Awareness (SA).

**HABIT #4** Send the Message asks the reader to consider the safety message that they send both on and off the job. Is it positive or negative? How is your message influencing your peers?

**HABIT #5** Support the Team is based on the idea that safety is a team sport. Our responsibility and accountability are supported by two simple techniques: TRUST (truth, respect, understanding, service, tolerance) and a COACH (consistency, observe, analysis, communication, help). These acronyms help us approach our safety culture with a team mindset.

**HABIT #6** Recognize the Blame Game considers the development of a reporting culture. It explores incident reporting and analysis with a focus on systems and human error. The human error model is called the H-FILES (human factors that increase the likelihood of error).

**HABIT #7** Situational Awareness - A Proactive Approach considers how the 7 safety habits can be used to increase your level of situational awareness. A consistent habit of situational awareness will help you look after your own safety as well as the safety of co-workers, friends and family.

These 7 Safety Habits that can be employed both on and off the job. The process may start in the workplace, but the idea affects all that we do. The result is a safety mindset that transcends the work-home boundary. Safety awareness becomes a 24/7 routine.



Wilson Bateman  
*Author and International Speaker*

# SOME OF THE PRAISE FOR THE “7 SAFETY HABITS” PROGRAM.

Wilson Bateman’s 7 Safety Habits That Could Save Your Life is a wonderfully organized manual that provides safety information in a fresh way. Taking a cue from existing self-help books, Mr. Bateman applies the efficiency of the self-help approach to safety science.

The result is an easy-to-understand collection of the most important safety information available, organized in a way that readers can actually remember. In addition, as is the case with self-help books, the presentation not only communicates but also encourages the reader to contemplate, to ask questions, to get to the heart of why safety is so important, and in the process, reach a new level of understanding about this critical subject.

---

*Terry Miller,*

*Senior Director, Research & Safety Management Solutions (NSC)*

*Forward to 7 Safety Habits That Could Save Your Life*

“If only I would have...” or “I should have taken the time to...” are phrases that send a shiver up my spine. I have heard them too often. They bring to memory many emergency room waits, hospital visits, and ruined vacation plans, not to mention the pain and suffering that could last years after a safety incident. So how do we avoid harmful incidents? Like many games of sport, the first step in winning this challenge is best played out in one’s mind. If the will is there, the win is definitely possible. I believe that Wilson hits this target right in the bullseye. His 7 Safety Habits That Could Save Your Life are essential to establishing a safer workplace and lifestyle, one step at a time.

I had the pleasure of travelling across Canada with Wilson, when my firm retained his services to conduct safety training for our organization. His daily actions were a witness to his word. He showed me in very practical ways that we can be safe in everything we do. I recall getting into a cab outside of the Ottawa airport. Wilson reminded me, with his wonderful east-coast humor, to put my seatbelt on. He simply asked me if I thought the cab driver was a better driver than I was. Since I wear my seat belt when I drive, shouldn’t I put it on in the back seat of a cab? If I can’t control the driver, so perhaps I should use the safety equipment provided.

So how did my firm turn out after the safety training? As Wilson discusses in 7 Safety Habits, Safety is HARD. We had to work at it, but the benefits paid off. I believe we have changed the mindset of our team and developed a real sense of Safety Awareness. How do I know? Our near miss reporting went up nearly a hundred fold, and our Total Recordable Incident Rate (TRIR) went down 10 fold, steadily over the past 4 years following the training. We recently completed a large project with over 1 Million hours worked with no lost time incidents. I would not have considered that possible just four short years ago. As Wilson states, the statistics are great, but we still have to keep our head in the game. Zero is sustainable!

---

*Edward A Wolowich, M.Sc., B.Sc., CSO, P.Eng.*

*Vice President Health and Safety*

*Tetra Tech WEI Inc.*

[7SafetyHabits.com](http://7SafetyHabits.com)